

Week	CASEL Competency	Theme	Grade 3 Lessons	Grade 4 Lessons	Grade 5 Lessons
1	Agency / Self-Management	Planning & Organization	How To Break Down Large Tasks	Mastering Long-Term Projects	Motivation: What Gets Me Going
2	Curiosity / Responsible Decision-Making	Considering Consequences	To Break or Not to Break: The Truth About Rules	Prioritizing And Managing My Time	Money, Money, Money: Exploring Financial Literacy
3	Identity / Self-Awareness	Identifying Emotions	Your Brain, Body, And Strong Emotions	Going Full Throttle: Recognizing How Emotions Fill Up or Empty Our Fuel Tanks	How Do I Really Feel?
4	Agency / Self-Management	Mindfulness	How to Become Mindful When Your Mind Is Full	Use Mindfulness to Manage Stress	Benefits Of Practicing Mindfulness
5	Identity / Self-Awareness	Honesty & Integrity	With Power Comes Great Responsibility	I'm Responsible for What I Do and Say	Living A Life of Honesty, Integrity, And Accountability
6	Identity / Self-Awareness	Learning About Emotions	The Difference Between Sadness and Depression	Your Internal Traffic Pattern	Pay Attention to Emotions
7	Belonging / Social Awareness	Respect	Good Sportsmanship		Respecting Diversity
8	Collaborative Problem-Solving / Relationship Skills	Listening & Communication	Active Listening: Are You a Sheldon?		
9	Belonging / Social Awareness	Empathy & Compassion	Walking In Another's Shoes	Empathy For Others	Empathy - The Key to Making the World a Better Place
10	Agency / Self-Management	Goals	How to Reach Your Goals	I Didn't Reach My Goal! What Now?	Short Term vs. Long Term Goals
11	Identity / Self-Awareness	Growth Mindset	Learning To Love Your Failures		Ways To Nurture My Creativity
12	Collaborative Problem-Solving / Relationship Skills	Conflict Resolution	Respectful Disagreement and Compromise	The Blame Game	How Much Should I Trust My Friend?
13	Curiosity / Responsible Decision-Making	Problem Solving	Critical Thinking Skills: Are You a Convergent or Divergent Thinker?		High School Is Coming!

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14	Collaborative Problem-Solving / Relationship Skills	Cooperation & Collaboration	How To Work on Teams Effectively	Team Spirit and Cooperation	Healthy Relationships
15	Belonging / Social Awareness	Digital Literacy	Cyberbullying: What You Need to Know	Cyberbullying: How to Protect Yourself	Pause Before the Click: A Lesson on Cyberbullying
16	Belonging / Social Awareness	Bullying	How To Handle Bullying	Bullying: Am I a Bully, Bystander, or Target	Speak Out! How You Can Stop Bullying
17	Curiosity / Responsible Decision-Making	Safety	Stranger Danger: Not Just for Little Kids	Sexual Assault and Harassment: What You Need to Know	User Beware: The Scary Side of The Internet
18	Identity / Self-Awareness	Mental Health Care	What is an Eating Disorder?	Dealing with Depression	Warning Signs of Suicide
19	Agency / Self-Management	Coping	The Truth About Anger	Mindfulness and Meditation	So Many Changes
20	Curiosity / Responsible Decision-Making	Health & Hygiene	You Are What You Eat	PTSD: Signs and Treatment	Everything In Moderation: Living A Balanced Life
21	Agency / Self-Management	Manage Stress	Stress Strategies You Can Use	Healthy Ways to Cope with Stress	Trail Maps: Assess Your Stress and Make a Plan
22	Collaborative Problem-Solving / Relationship Skills	Communication	Assertiveness: Finding Your Voice	My Parents Don't Like My Friends...Now What?	Growing Your Friend Group
23	Collaborative Problem Solving / Relationship Skills	Being a Good Friend	Are You a Loyal Friend	Finding and Being a Good Friend	It's All in Good Fun, Or Is It? The Truth About Abusive Relationships
24	Belonging / Social Awareness	Expectations at School	Study Skills	Different Places to Learn	Planning And Prioritizing for School
25	Curiosity / Responsible Decision-Making	Healthy Decisions	Vaping Is Dangerous	Vaping is Dangerous	Vaping: How to Handle Peer Pressure
26	Agency / Self-Management	Impulse Control & Self-Regulation	Be Smart with Your Money	Stick With It	There's A Time and Place

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27	Curiosity / Responsible Decision-Making	Substance Abuse	Yuck, I'm Not Feeling Well	Medicine At School	Tobacco, Alcohol, And Saying No
28	Identity / Self-Awareness	Personal Boundaries	Unsafe Touches Are Not Okay	Wait For It	Let The Past Stay the Past
29	Agency / Agency / Self-Management	Manage Emotions	TV & Me: I Need a Remote Control for My Behavior	Oh Man, Am I Angry	Reflect On Yourself
30	Agency / Agency / Self-Management	Self-Control	I Just Have to Say It	Full Of Energy	
31	Agency / Agency / Self-Management	Managing Harmful Thoughts	Handle Your Anger	Leave Negative Nelly and Ned Behind	
32	Belonging / Social Awareness	Expectations in the Community	Helping My School Community	Taking Care of Our World	Saving For Success
33	Collaborative Problem-Solving / Relationship Skills	Relationships & Reputation	Everyone Needs Friends	Making Friendships Grow	Friendships Can Change
34	Belonging / Social Awareness	Concern for Others	Learning How to Listen		How To Be a True Friend
35	Collaborative Problem-Solving / Relationship Skills	Helping Others	I Am an Upstander	Don't Stand by When You Can Stand Up	
36	Identity / Self-Awareness	Examining Your Feelings About Others	Let's All Get Along		What Do You Believe